

# SECRETS OF THE VEGETABLE MOM!

*FAST, NUTRIENT-RICH FOODS THAT KIDS WILL LOVE*



**WEDNESDAY, OCTOBER 24, 2012**

HUNNEMAN HALL, BROOKLINE MAIN LIBRARY  
361 Washington Street, Brookline Village

**FREE ONE HOUR TALK - 4:00 PM AND 7:00 PM**

**\*HOW TO AVOID COMMON FOOD TRAPS**

**\*LEARN EASY WAYS TO CROWD NUTRIENT RICH FOODS INTO  
YOUR KID'S DAY**

**\*LEAVE WITH IDEAS TO CREATE HEALTHY MEALS AND SNACKS  
THAT YOUR FAMILY WILL LOVE**

**Presenter: Sue R. Levy**, Health Coach, Natural Foods Chef, Mother of Two,  
Brookline Resident and owner of *Savory Living*



For further information, please contact: Lynne Karsten, [lkarsten@brooklinema.gov](mailto:lkarsten@brooklinema.gov), 617-730-2336.  
[www.foodday.org](http://www.foodday.org)      [www.brooklinema.gov/health](http://www.brooklinema.gov/health)